

MAJADARA

Rice with Lentils and fried Onions



Rodos
Backpackers

Ingredients

- 1 cup Basmati rice
- 1 cup brown or green lentils
- 1 tbl salt
- 1 tsp ground pepper
- 2 large onions
- 1/4 cup sultanas
- 2 tpls pine nuts or Almond flakes
- 4 dried apricots cut in small pieces
- 2 tpls ground cumin
- 3 cups hot water
- 1/2 cup chopped coriander
- 1/2 cup olive or sunflower oil



1. Pre Cook Lentils

Rinse and drain lentils

Add to saucepan with water and boil for 15 -20 min. They should still be firm.

2. Fry the onions

Cut onion into half rings and separate.

Heat oil on saucepan add 1 tsp cumin, fry for 10-20 sec. Add onions and stir to coat. allow to fry until onions have caramelised, stirring occasionally.

3. Making the pilafi (rice)

Heat 1/4 cup oil in large saucepan add rice and fry until rice begins to brown.

Add 1 tbl cumin and salt. Add lentils with water (be careful as rice becomes very hot)

Add remaining water and stir once. Cover rice and allow to simmer on low heat until rice absorbed the liquid. When water is almost evaporated add sultanas, apricots and nuts.

Once water has evaporated remove from heat and allow to sit for 5 minutes.

To Finish

Add remaining cumin to fried onions and add to rice.

Add coriander (leave some for garnish). Stir gently and allow to sit for a further 2 minutes.

Spiced Yogurts

1 cup yogurt

1/2 tsp cumin

1/2 tsp sweet paprika

1/4 tsp Chilli powder(optional)

Salt to taste

NOTES:

